

<p><b>4 Beef Soft Tacos</b> Taco Sauce OR <b>Yogurt w/ Trail Mix+</b> Scooby Doo Crackers</p> <p>Black Beans Fresh Cherry Tomatoes Craisins</p>	<p><b>5 Pizza Dippers+</b> Marinara Sauce OR <b>Farmers Market Combo+</b> Cheddar Goldfish Crackers</p> <p>Sweet Golden Corn Fresh Baby Carrots Strawberry Applesauce</p>	<p><b>6 Cheeseburger</b> Ketchup / Mustard OR <b>All-American Salad*</b> Dinner Roll / French Dressing</p> <p>French Fries / Ketchup Fresh Broccoli Fresh Orange</p>	<p><b>7 Chicken Penne Pasta</b> w/ Tomato Cream Sauce Dinner Roll OR <b>Chef Salad w/ Egg+</b> Pretzel Goldfish / Breadstick / Ranch Dressing</p> <p>Tossed Salad / French Dressing Green Peas Fresh Clementine</p>	<p><b>1 Salisbury Steak</b> w/ Parsley Noodles OR <b>Garden Salad+</b> Ranch Dressing / Dinner Roll</p> <p>Mashed Potatoes Tossed Salad / French Dressing Fresh Pear</p>
<p><b>11 Meatball Sub</b> OR <b>Farmers Market Combo+</b> Cheddar Goldfish Crackers</p> <p>Baked Beans Fresh Baby Carrots Peach Applesauce</p>	<p><b>12 Pepperoni Pizza</b> OR <b>Fruit &amp; Cheese Plate+</b></p> <p>Sweet Golden Corn Fresh Cherry Tomatoes Mixed Fruit Cup <b>Animal Crackers</b></p>	<p><b>13 Chicken Nuggets</b> Dinner Roll / Ketchup OR <b>Beef Nacho Salad</b> Jungle Crackers</p> <p>Tater Tots / Ketchup Tossed Salad / Ranch Dressing Fresh Pear</p>	<p><b>14 Hot Dog</b> Ketchup / Mustard OR <b>Popcorn Chicken Salad</b> Dinner Roll / Ranch Dressing</p> <p>French Fries / Ketchup Fresh Celery Sticks Mixed Berry Applesauce</p>	<p><b>8 Chicken Sliders</b> BBQ Sauce OR <b>Chef Salad w/ Turkey</b> Dinner Roll / Ranch Dressing</p> <p>Sweet Golden Corn Fresh Baby Carrots Fresh Apple</p>
<p><b>18 Cheeseburger</b> Ketchup / Mustard OR <b>Yogurt w/ Trail Mix+</b> Scooby Doo Crackers</p> <p>Sweet Golden Corn Fresh Cherry Tomatoes Mixed Fruit Cup</p>	<p><b>19 Maple Pancakes+</b> Poultry Sausage OR <b>Farmers Market Combo+</b> Cheez-Its</p> <p>Tater Tots / Ketchup Fresh Baby Carrots Applesauce</p>	<p><b>20 Cheese Pizza+</b> Animal Crackers OR <b>Garden Salad+</b> Dinner Roll / French Dressing</p> <p>Sweet Golden Corn Celery Sticks Fresh Apple Slices</p>	<p><b>21 Breaded Chicken Sandwich</b> BBQ Sauce OR <b>Chef Salad w/ Egg+</b> Dinner Roll / French Dressing</p> <p>Black Charro Beans Fresh Broccoli Craisins</p>	<p><b>15 Spaghetti &amp; Meatballs</b> Breadstick OR <b>Garden Salad+</b> Dinner Roll / French Dressing</p> <p>Fresh Broccoli Steamed Carrots Fresh Apple</p>
<p><b>22 Hot Dog</b> Ketchup / Mustard OR <b>Chef Salad w/ Turkey</b> Dinner Roll / Ranch Dressing</p> <p>French Fries / Ketchup Tossed Salad / French Dressing Fresh Orange</p>				

**Did you know...?** \*Menu Subject to Change\*

- We only use heart healthy whole grain breads, pastas, and rolls.
- Milk contains no artificial growth hormones or antibiotics.
- Milk is available with all meals.
- All Juice is 100% Fruit Juice
- \* Item Contains Pork + Item Does Not Contain Meat
- ^ Item Contains Fish
- Nutrition and Allergen Information Available at: <http://www.fspro.com/nutrition.html>

**Health & Wellness Message:**  
**Why Physical Activity is Cool**

Developing sound health habits when you are young pays off by keeping you looking and feeling good. One of the best things you can do for yourself is to move. Most health professionals say kids and teens should get at least 60 minutes of physical activity each day. Keep it moving with activities like playing sports, dancing, taking the stairs instead of the elevator, and walking a dog.